

Community Garden News

City of Loma Linda

April 2003

OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES

Gardening Tips



Wait until the end of the month to sow or transplant vegetables and fruits that prefer very warm weather as they prefer warm soil—beans, corn, cucumbers, eggplants, melons, peppers, pumpkins, and squash.



Add some edible flowers to your garden. Nasturtium leaves and flowers have a peppery taste, squash blossoms have a cucumber flavor, and some marigolds have a mild flavor.



Soil that forms a crust kills germinating seeds before they can break through the surface. To lessen this problem, cover the seeds with a thin layer of compost, potting soil, grass clippings, potting mix, or other light-textured substance, other than heavy soil.



If you have had a problem with hornworms in the past, consider planting cherry tomatoes...they have thicker skins, and a high alkaloid content that repels worms.



Iron phosphate is a wonderful organic bait for slugs and snails. "Sluggo" and "Worry Free" are two brands of this non-toxic bait.

Garden open
dawn 'til dusk



Plants vs. Seeds: Which is "better"?



Seedlings sprouting

Spring is here and the weather is warming up. You know what that means...it's time to start planting! Like many gardeners, you may be wondering which is "better," starting your garden from seeds or from plants. According to the University of California Cooperative Extension's Vegetable Research & Information Center (VRIC) growing vegetables from seeds or plants is great, just grow them! Growing plants from seeds is very satisfying and doesn't require too much work if you know how to "reap what you sow." To get started, make sure to purchase seeds or plants from a reputable dealer or nursery, and if a fellow gardener has been successful in growing garden vegetables, ask them for advice on where and what to buy. Some seeds have an expiration date and are viable for only a year. Corn, peas, parsley, and parsnip lose viability after about one year, while seeds of other vegetables are good for about three years. If you decide to harvest your own seeds, be sure to harvest them at the time they reach maturity on the plant, then spread the harvested seed thinly on a screen or other flat surface off the ground and in the shade, and let them dry for a week. Once your seeds are completely dry, a mason jar with a new lid is an excellent moisture-proof container. Another storage option is a heavy plastic bag that can be heat-sealed by setting your iron to "silk" heat (use a piece of paper between the iron and plastic bag). Storage temperature of seed should be room temperature or lower, but this isn't as important as making sure the seed is completely dry before storing.



Established plants in the garden

Some vegetables must be started in the ground because they transplant poorly—carrots, beets and cucumbers, for instance. When planting seed, plant to a depth 2 to 4 times the average diameter of the seed, and the distance between rows will depend upon the size of the plants when fully grown. Other vegetables, like broccoli and cauliflower, tend to lean to the side if they are not transplanted. When setting transplants, plant them slightly deeper than they were growing in the flat. Make potting holes large enough so that the roots are not crowded, and be sure to be firm, but not pack, the soil around the roots. Water the plant well immediately and apply 1 to 2 cups of fertilizer solution.



Seeds will be harvested from this garden

Happy Gardening!

Community Garden
News
is printed by the City of
Loma Linda



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Gourmet Cooking with Vegetables



Healthy Stir-Fry

The last gardening workshop was great fun! Joy Peterson created some colorful, flavorful recipes using vegetables from the garden, and incorporating low fat/sodium alternative spices and flavorings. Gardeners learned how to decrease the sodium content of recipes without sacrificing flavor by substituting soy sauce with "Braggs Amino" and by using "chicken style seasoning" or "beef style seasoning" instead of salt or other high-sodium seasonings. The recipes prepared were California Slaw, Garbanzo Spread, Tofu Stir-fry with Vegetables, Couscous and a Strawberry Milkshake made with soy milk and fresh fruit...yum! For a copy of the recipes, please contact Paige Parker at 799-2800 x514.

The Gift That Keeps Growing

Although it's still a few months away, many people are thinking about what to get for their mom's this Mother's Day. One of your fellow gardeners received a unique gift last Christmas, one some of you might consider asking for this Mother's Day. Mrs. Keuster is gardening in two plots at the Community Garden, and two of her grandchildren came up with a great gift idea...they gave her several hours of time in the garden. So far they have helped prepare a plot, pull weeds, and remove some of those stubborn rocks.



One of Mrs. Keuster's garden plots

They're In!

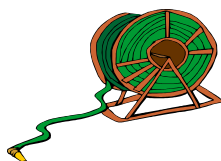
- Garden signs
- Picnic table and benches
- Electricity

April will bring more than just showers...

- A cooking demonstration by LLU Nutrition students
- Next gardening workshop by David Stottlemeyer

It's Heating up!

- Check with your neighbor to see if watering shifts would be helpful – sign up sheet is in the garden shed



Gardening requires lots of water—
most of it in the form of perspiration.
—Lou Erickson

Recipe Corner

Springtime Cereal

Serves 2; Provides 1 1/2 fruit servings per person

- 3/4 cup wheat and barley nugget cereal
- 1/4 cup 100% bran cereal
- 2 teaspoons toasted sunflower seeds
- 2 teaspoons toasted sliced almonds
- 1 tablespoon raisins
- 1/2 cup sliced bananas
- 1 cup sliced strawberries
- 1 cup low-fat raspberry or strawberry yogurt

Per Serving:
352 calories; 6 g fat;
69 g carbohydrate; 8 g fiber

1. Mix the wheat and barley nugget cereal, bran cereal, sunflower seeds, and almonds in a medium bowl. Add the raisins, the bananas and halve the strawberries.
2. Gently stir in the yogurt and divide between two bowls. Scatter the remaining strawberries over the top and enjoy!